



Heathfield and Waldron

First Responders

The State of Play in late 2018, by Tim Williams, FRCS, Chairman

Our Responder scheme (charity number 1155472) is flourishing (with eight active Responders out of a planned fifteen) and covers Mayfield in addition to Heathfield, Five Ashes, Hadlow Down, Horam, Broad Oak and Rushlake Green. Many local buildings have installed Public Access Defibrillators (PADs) thanks to Councillors and the public, aware of their value to the community and of the importance of cardio-pulmonary resuscitation (CPR) in saving lives (see **Call Push Rescue** overleaf). CPR is also promoted by the British Heart Foundation (www.bhf.org.uk) in schools and colleges, and by our Responders who attend many local events (village fetes and Le Marché day especially) encouraging publicity, recruitment and fund-raising but can only provide First Aid in response to emergency calls (999 or 112, or the NHS helpline 111), at which time their liability is covered via SECAmb.

Recent and future events are now detailed on our website (<http://www.heathfieldcfr.co.uk>) and on Facebook (<https://www.facebook.com/HeathfieldandWaldronResponders>). IT expert Phil Williams updates our First Responder Database (FRd) monthly, and non-confidential data is used on the website and Facebook. Tweets report the number of incidents attended and hours on call each month. SECAmb continually advises us of modifications to our equipment permitting us more confidently, more competently, to face emergencies. The cost of such re-equipment is covered by public donation and grants, for which we are grateful, and have enabled us to meet current and future costs. We are particularly grateful for generous support from Heathfield and Waldron Rotary Club, the Heathfield Co-op and Heathfield Vets who have all raised substantial sums to keep us running. Talking of running - The Heathfield and Waldron First Responders have gone from strength to strength under the leadership of Team Leader Theo Parfitt, who with his wife Dani is leaving us for Eastbourne (SECAmb is appointing a successor). On Sunday 9 September Theo joined 57000 runners to complete the Great North Run, raising £1500 for our scheme – a fantastic effort!

Happily Theo will continue as a Trustee of (and fundraiser for) our charity, supported by existing Trustees Bobby Hamilton, Hannah Crush, Andy Bodkin, and myself who have been joined by First Responder Andy McGarvey. The Responders are updated at monthly formal meetings, with regular assessments on computerised manikins. All funds go towards such equipment (including up-to-date defibrillators and oxygen systems), and on essentials like public liability insurance for our public demonstrations of CPR. See our website or contact us at cfr_heathfield_team@outlook.com if you want a demonstration in your community - don't let an **emergency** be the first time you set eyes on a defibrillator! However, defibrillators are very forgiving and each PAD will talk you through how to use it as soon as it is opened. Please let me know if I can help further.

Tim Williams (twill30999@aol.com 01435 812273)



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Heathfield and Waldron First Responders Registered Charity Number 1155472



Know what to do ! **Call Push Rescue** – the elements of CPR

While it is helpful to know the location of defibrillators, in the case of cardiac arrest (sudden death) the very first thing to do is shout for help (**CALL**) whilst continuing to apply 100 firm compressions (hand on hand) per minute to the centre of the victim's chest (**PUSH**). The **next** attender calls 999 or 112 then fetches the defibrillator (**RESCUE**) on foot. See heathfield.net → Clubs and Groups → First Responders.

The 999 operator knows the location of the nearest defibrillator (and also the code if the cabinet is code protected). Defibrillators (PADs – Public Access Defibrillators, sometimes labelled AEDs = Automatic External Defibrillators) are widely distributed (see heathfield.net → Heathfield Partnership → Local Information). They are outside the Heathfield Fire and Ambulance stations, Union Church, the Heathfield Rugby Club, Broad Oak Village Hall and in Bodle Street (the White Horse Inn), Rushlake Geen (Osborne House), Punnetts Town Village Hall, Cade Steet (Goward Hall), the Five Ashes Inn, Horam veterinary surgery, Vines Cross (the Brewer's Arms) and in Mayfield (Woodhill Surgery and the Primary School), Three Cups Corner, Old Heathfield and the Welcome Church (in Alexandra Road for the Green Lane estate).

Don't forget - in the event of **cardiac arrest** (sudden death):

Call for help – *get the helper* to dial 999 and to fetch the defibrillator

Push - 100 firm compressions a minute on the centre of the chest

Rescue – turn on the defibrillator and apply its two pads (one to the lower left side of the chest, the other on the upper right chest). Listen to its instructions. It is easy to use, and foolproof. Repeat **P**ush as needed. A Responder or Paramedic will be with you imminently.

<http://www.heathfieldcfr.co.uk>

<https://www.facebook.com/HeathfieldandWaldronResponders>

http://www.secamb.nhs.uk/our_services/community_first_responders.aspx



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